

Basic Report 16034, Beans, kidney, red, mature seeds, canned, solids and liquids

Report Date: March 02, 2015 09:06 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 256g	1 tbsp 16g	1 can 436g
Proximates					
Water	g	77.96	199.58	12.47	339.91
Energy	kcal	81	207	13	353
Protein	g	5.22	13.36	0.84	22.76
Total lipid (fat)	g	0.36	0.92	0.06	1.57
Carbohydrate, by difference	g	14.83	37.96	2.37	64.66
Fiber, total dietary	g	4.3	11.0	0.7	18.7
Sugars, total	g	1.85	4.74	0.30	8.07
Minerals					
Calcium, Ca	mg	29	74	5	126
Iron, Fe	mg	1.25	3.20	0.20	5.45
Magnesium, Mg	mg	30	77	5	131
Phosphorus, P	mg	106	271	17	462
Potassium, K	mg	260	666	42	1134
Sodium, Na	mg	256	655	41	1116
Zinc, Zn	mg	0.62	1.59	0.10	2.70
Vitamins					
Vitamin C, total ascorbic acid	mg	0.8	2.0	0.1	3.5
Thiamin	mg	0.106	0.271	0.017	0.462
Riboflavin	mg	0.067	0.172	0.011	0.292
Niacin	mg	0.494	1.265	0.079	2.154
Vitamin B-6	mg	0.080	0.205	0.013	0.349
Folate, DFE ^a	μg	23	59	4	100
Vitamin B-12	μg	0.00	0.00	0.00	0.00
Vitamin A, RAE	μg	0	0	0	0
Vitamin A, IU	IU	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.02	0.05	0.00	0.09

Nutrient	Unit	1 Value Per100 g	1 cup 256g	1 tbsp 16g	1 can 436g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	4.1	10.5	0.7	17.9
Lipids					
Fatty acids, total saturated	g	0.125	0.320	0.020	0.545
Fatty acids, total monounsaturated	g	0.147	0.376	0.024	0.641
Fatty acids, total polyunsaturated	g	0.174	0.445	0.028	0.759
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0

Footnotes

- ^a Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.
- ^b Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.
- ^c Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.